



The federal government is divided into three branches - the [Executive](#) , [the Legislative](#) , and the [Judicial](#)

- each designed by the framers of the Constitution to balance the powers vested in each branch.

For citizens seeking assistance with government agencies, it can often be difficult to differentiate federal government responsibilities and state government responsibilities. As a general rule, programs and services that are national in scope - like Social Security, Medicare, Veterans' benefits, etc. - are federal government responsibilities and are administered by the corresponding federal government agency. Services like law enforcement, motor vehicle services, public transportation, power services, etc., are handled by state and local government agencies.

The Internet resources on this page are "one-stop-shop" resources, which I hope will be helpful to you in your search for information.

If you have further questions, please [contact](#) my office. If you are having a specific problem with a federal agency and need assistance, information on how to open a case file can be found on my [Casework Resolution](#) web page.

### Resources on this Page

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### Related Pages

[Benefits and Assistance Programs](#)

[Learn more about the Executive Branch](#)

[Learn more about the Legislative Branch](#)

[Learn More about the Judicial Branch](#)

## One-Stop Shop for Information



### [National Contact Center](#)

Federal Citizen Information Center's one-stop shop for answers about federal programs, benefits



### [FirstGov](#)

Gateway to all U.S. government Information.

## Directory Information



### [Federal Toll-Free Telephone Numbers](#)

FCIC's listing of commonly requested federal toll-free telephone numbers, listed by



### [A-Z Government Index](#)

FirstGov Comprehensive A-Z index of U.S. Government Departments and Agencies.



### [In-Person Service Directory](#)

FirstGov listing to locate government offices and services in your community, region, or state.



[Federal Government TTY Directory](#)

General Services Administration directory of TTY numbers for the federal government.

## One-Stop Shop Forms



[Forms.Gov](#)

One-stop shop for federal forms most used by the public. Search by form name, form number, or keyword.



[National Voter Registration Form](#)

This form can be used to register to vote in your state or report a change of name or address to your state.

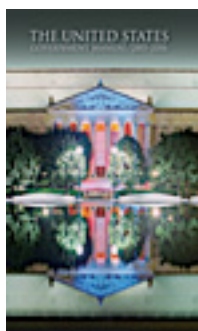
## Comment on Proposed Federal Rules



[Regulations.Gov](#)

Find, review, and submit comments on federal rules open for comment.

## U.S. Government Manual



[U.S. Government Manual](#)

Official handbook of the federal government. Provides comprehensive information on agencies and their functions.

